WHAT IS CLAIMED IS:

1. A method for automatically adjusting display quality, which is used for adjusting a display, the method comprising the steps of:

providing a set of frame data with a set of display timings, wherein the set of display timings has a display resolution;

auto-phasing the set of frame data to obtain a set of phase data; and

comparing the display resolution with a set of standard resolutions, and automatically H-positioning to obtain a set of H-pos (Horizontal position) data and storing the set of H-pos when the display resolution corresponds to one of the set of standard resolutions.

2. The method for automatically adjusting display quality according to claim 1, wherein the display is a LCD (Liquid Crystal Display).

3. The method for automatically adjusting display quality according to claim 1, wherein the display is a projector.

4. The method for automatically adjusting display quality according to claim 1, wherein the method can be performed repeatedly to perform multiple adjustments.

5. The method for automatically adjusting display quality according to claim 1, wherein the resolution is 1024×768.

6. The method for automatically adjusting display quality according to claim 1, wherein the set of standard resolutions are stored in a memory of the display.

7. The method for automatically adjusting display quality according to claim 1, wherein the memory is a Flash ROM (Flash Read-Only Memory).

8. The method for automatically adjusting display quality according to claim 1, wherein the memory is an EEPROM (Electrically Erasable Programmable Read-Only Memory).

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